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Since I enrolled in the **wellnessoptions** plan, particularly the “Walk This Way” program, exercise has become a regular part of my daily routine. I have religiously worn my pedometer, and have managed to walk a minimum of 10,000 steps daily. The longer I have been in the program, the higher my step counts have gotten. It truly is an important part of my daily regimen! It isn’t always easy to fit a good walk into the schedule, but if you make it a priority you can do it. I’m at the point where I would truly miss it if I were unable to walk on a given day.

I am a Diabetic and walking has really helped me control my glucose levels. Naturally, making smarter dietary choices is a major element in diabetes management, but for me, regular walking has been a big piece of the puzzle. The exercise has also kept my blood pressure in check and is a great way to unwind after work or gear up for a new day. It helps reduce stress and provides an opportunity to think about everything or nothing depending on the day.

My best recommendation for managing your health is to be proactive about your health. Don’t wait until something happens before you consider a lifestyle change, like I did. Getting on board with Walk This Way is one of the best choices I have made and has had the biggest impact on my health.

I think that the Wellness Program offered by the State of Nebraska is a proactive approach to managing one’s health. It encourages activities that will reduce the incidences of preventable health issues and helps you to take more responsibility for your own health, as well as helping to control the spiraling costs of health care.

